



## 13

## SAFETY IN THE HOME

I had to board a train for my aunt's house, I got up early to pack some food for the journey. I burnt my hand while making tea, as the cloth I was using to lift the pan from the stove caught fire. I was still reeling in pain when I cut my finger while chopping vegetables. Luckily the cut was not too deep so the bleeding stopped after I put a band aid on it. I was already running short of time, I ran to have a bath but only to slip in the bathroom.

With my head and knees hurting from the fall, my thumb throbbing with pain, I wobbled to take a rickshaw for the station. For once, I was relieved to know the train was an hour late.

Sitting in the train I was wondering, could I have avoided these accidents? Have you also had accidents like these at your home? Can we make our homes safe and prevent accidents? Let us read this lesson and find out ways to make our homes accident proof our homes and also learn how to deal with these accidents in case they happen.



### OBJECTIVES

After reading this lesson you will be able to:

- assess the need for ensuring safety at home;
- critically evaluate your home for unsafe zones;
- adopt safety measures to make your home safe for all family members;
- suggest first aid measures for specific accidents and
- recognize the importance of tying bandages.

### 13.1 NEED FOR SAFETY AT HOME

What is the need for making our homes safe?

Accidents are major cause of death especially among elderly and children. 80% of the



**Notes**

accidents occur at home. Many a times, we slip or trip but somehow get saved. These are near misses or warning signs of potential accident sites which need attention to prevent the accidents. For example, there may be a loose wire on which you trip. So what do you do? Yes, pick up the loose wire and tape it against the wall; so that nobody falls over it.

Are there chances of this boy falling off the roof? Can this accident be fatal? Can this accident be avoided? Yes, by putting a high boundary around the roof and by adult supervision. So we need to make our homes accident- proof in order to prevent accidents which can either be fatal or leave a person temporarily or permanently disabled.

Accidents can also affect a person’s psychological, social and cognitive development. We can prevent most of the injuries by creating a safe environment at home. Besides, living in a safe house can decrease constant fear from injuries of accidents.

Now, do you realize how important it is to make our homes accident proof?



**Fig 13.1**

**13.2 COMMON ACCIDENTS AT HOME**

Accidents are usually unpredictable and unintended. Carelessness about basic safety norms in the house can take just a second to cause an accident. Even one unsafe area is enough to cause an accident in your home. Good news is that most accidents can be avoided. It is important to know what kind of accidents can occur in our homes.



**ACTIVITY 13.1**

Recall any five situations which led to an accident in your home.

1. You slipped because \_\_\_\_\_
2. You fell \_\_\_\_\_
3. You burnt yourself \_\_\_\_\_
4. You cut yourself \_\_\_\_\_
5. You suffered an electric shock \_\_\_\_\_
6. Any other accident \_\_\_\_\_



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Besides these accidents, you or someone you know may have been a victim of poisoning, bee sting, snake bite, choking or suffocation.

Now let us examine the cause of each of these accidents.

### 13.2.1 Falls: Watch your step!!

Ayushi was all alone in the house and wanted to eat some ladoos kept in the topmost shelf of the kitchen. She put a stool on a table and stood on it. The moment she picked up the jar, she lost her balance and fell down. Do you know that nearly half of the accidents at home are caused by falls? What can we do to eliminate these accidents? Yes, by critically examining our homes and identifying potential danger zones as well as behaviour that can lead to accidents.



#### ACTIVITY 13.2

You can suffer from falls in the following conditions. Choose either of the two given options (1 and 2) to know the cause of falls. Then evaluate your home, do you think it is safe, if not, give recommendations for improvement. Give one mark for each point.

S.No.	Incidence	Option 1	Option 2	Your home status?
1.	Floor is	clear	cluttered with things	
2.	Window	has a grill	Does not have a grill	
3.	Ladder used for climbing is	steady	wobbly	
4.	Roof has	Boundary wall/ railing	no boundary wall/ no railing	
5.	Stairs are	well lit	dimly lit	
6.	The floor is	dry	soapy/wet /slippery	

Recommendation for improvements:

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### 13.2.2 Cuts

Four year old Bittoo was playing with a toy truck. Suddenly his mother heard him cry. She ran to him and found that his hand was bleeding. Bittoo got a cut on his palm. His mother observed the toy truck had a sharp edge.

#### How could this accident be avoided?

Yes, by removing hazardous items like knife and glass from the child's reach, choosing toys carefully. Also one should avoid leaving children unsupervised.

To prevent such accidents, let us examine your home for items which can lead to cuts-

- Sharp corners of any furniture.
- Cracked or chipped glasses or cups.
- Knives, stored facing upwards.
- Blades or scissors lying within the reach of children.
- Cutting tin without a tin cutter.

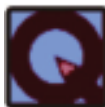
If the answers to all these conditions are YES, then you need to be worried / alarmed- you may soon suffer a cut.

Make sure you pay attention to these items to avoid cuts.

Broken glasses are common occurrence in our homes. It is a challenge to pick up all the pieces and dispose them off safely. Some effective methods of picking up broken glass pieces are using

- wet mop
- sticking tape or plasticine
- kneaded dough

to collect all the glass pieces as they get stuck to their surface. Thereafter, they should be wrapped in several layers of newspaper before being thrown in a bin.



#### INTEXT QUESTIONS 13.1

Answer the following questions along with reasons.

1. Kartik cut his hand while chopping vegetables. What could be the possible reasons? Write down three such reasons.
2. Suggest two safe methods of picking up broken pieces of glass on the kitchen floor.
3. Which is a safer way to open a window with its handles or by pushing the glass?

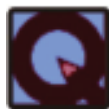
4. Your younger brother wants to sharpen his pencil. What will you give him? A sharpener or a blade? Why?

### 13.2.3 Burns and Scalds

Fatima was cooking lunch for the family and did not realize that the edge of her sari pallu was on fire, until her daughter brought it to her notice. Fatima had the presence of mind not to run out. She quickly took a large plate and doused the burning sari. A major calamity was averted.

Some examples of common burn accidents that can occur at home are given below.

1. Hot tea gets spilt on someone.
2. Hot oil splashes while frying.
3. Cloth used to remove utensils from stove, catches fire.
4. Child plays with a matchbox.
5. Kerosene oil being filled while the oil stove is lit.
6. Cooking oil kept near the gas stove.
7. Lighted cigarettes and hot ashes thrown carelessly on garbage.
8. Inflammable liquids like acids, chemicals carelessly stored.
9. Worn out wires that may lead to short circuit and overheating.
10. Two or more appliances used in one socket.
11. Open lamps or burning candles kept near the windows curtains.
12. Cooking gas cylinder leaks.



### INTEXT QUESTIONS 13.2

Fill in the blanks using either of the given clues in the bracket, to suggest ways to prevent fires. You can check the correct answers later.

1. Keep the matchbox and chemicals \_\_\_\_\_ reach of children. ( within/ out of )
2. Before sleeping \_\_\_\_\_ burning candle or lighted fire. ( extinguish/ continue )
3. Store inflammable liquids in \_\_\_\_\_ containers. ( labelled/ unlabelled )
4. Put two electric appliances in \_\_\_\_\_ socket/s. ( two /one )



Notes



5. All worn out wires and cables should be \_\_\_\_\_  
(replaced/repaired)
6. Wear \_\_\_\_\_ clothes in the kitchen. (loose/ well fitted)
7. Knob on the gas cylinder should be \_\_\_\_\_ at night. (put off/ kept on)
8. Buy only \_\_\_\_\_ appliances and gas pipes. (branded /ISI certified)

### What do you do, in case of a cooking gas cylinder (LPG, liquefied petroleum gas) leaks?

Yes you —

- open the windows.
- evacuate the house, especially children and the elderly.
- never ignite any match stick or light any type of fire.
- do not turn on any electrical switch. (A tiny spark from the switch is enough to ignite a fire)
- take out the leaking cylinder and put it in open air.
- call the fire brigade or the emergency helpline phone number of the gas supplier.

### What do you do in case of fire?

- Put out the flame with sand or water. Do not use water to put off an electrical fire.
- Never run if your clothes are on fire. It will only fan the fire.
- To douse your clothes on fire, roll on the floor. Better still, wrap yourself with a woollen blanket and roll on the floor.
- Tie a wet cloth around your face.
- Crawl along the floor to escape. Remember the air at the ground level is cleaner as hot air and smoke rise upwards



### ACTIVITY 13.3

- a. Survey the market and get detailed information for fire extinguishers and choose which can be easily fitted in your kitchen and operated by any one of you.
- b. Visit a fire station and learn safety tips from firemen.



### INTEXT QUESTION 13.3

1. A fire broke out in your neighborhood. You have volunteered to help the firemen. What would you use or do? Choose the correct out of the two options given in the bracket.
  - a. Throw (sand / water) on open flame caused by electricity.
  - b. Throw (Cold water / hot water) on the fire.
  - c. Use (single Ladder / multiple ladder) to rescue people.
  - d. To come out from building (crawl on floor / run out).
  - e. Use (wet / dry handkerchief) to breathe.
  - f. (Open / close) all windows.
  - g. Use (Blanket / bed sheet) to douse the flames from a victim's clothing.
2. Choose the correct answer from the following options given below:
  - a. Careless handling of which liquid can cause a fire?
    - i Petrol
    - ii Aerated drinks
    - iii Hot water
  - b. Do not put more than one electrical appliances in one electric socket because
    - i it leads to overheating of wires
    - ii it does not look nice
    - iii it entangles the wires
  - c. Wearing clothes made of which fabric is most dangerous in the kitchen?
    - i Cotton
    - ii Silk
    - iii Nylon
  - d. When a fire breaks out in the house , clean air is at the
    - i ceiling level
    - ii ground level
    - iii window level
  - e. In case you smell cylinder gas leaking in the kitchen, what should you do?
    - i Light a matchstick
    - ii Switch on a light
    - iii Open the windows



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### 13.2.4 Poisoning

Ruby was nearly five years old. She went to a cupboard and found a small packet which seemed to contain sweets. She opened the packet. She was about to put it in her mouth when her mother snatched it from her hand. That was a packet of Naphthalene balls. Many children are not so lucky!

Poisons are substances when ingested can be dangerous and even cause death.

All chemicals like household cleaners, detergents, insecticides, pesticides, fuels like kerosene, expired medicines can cause poisoning.

Food poisoning can also occur when stale and contaminated food, water or milk are consumed. Over spraying of pesticides on fruits and vegetables can make them poisonous.

Let us examine how to prevent poisoning at home.

1. Label all medicines or bottles.
2. Read all the labels carefully, so that you know what you are consuming.
3. Keep chemicals preferably in the containers labelled originally.
4. Do not store them with food items or in food containers.
5. Keep chemicals locked, away from the kitchen and out of children's reach.
6. Before consuming, wash all fruits and vegetables thoroughly.
7. Check the expiry date and discard all the expired medicines.



Fig 13.2



#### ACTIVITY 13.4

Find things in your house which may be poisonous. Label their containers and lock them up.





### INTEXT QUESTIONS 13.4

Identify the wrong habits given below and give appropriate suggestions to correct them.

- a. Kerosene oil is stored in a used vegetable oil container.

\_\_\_\_\_

- b. Medicines are kept in the lower shelves of a cupboard.

\_\_\_\_\_

- c. Cupboard where pesticides are kept is left open.

\_\_\_\_\_



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### 13.2.5 Bites and Stings

It was a very pleasant day and our family decided to go for a picnic. The children Rubina and Arshiya were happy to see a big mango tree and started throwing stones at the mangoes. One stone accidentally hit the beehive and a swarm of bees stung them. They both had to be hospitalized. The stings of bees and wasps can cause a lot of pain and swelling. In extreme cases the victim may even suffer from shock. You must be aware that dog and monkey bites can cause rabies and should not be ignored. Similarly, snake bite can be fatal, if not treated immediately. Therefore it is advisable to consult a doctor as soon as possible.

### 13.2.6 Electrocutation and Shocks

Joseph was enjoying dancing to the music. Accidentally his foot touched the wire and the naked wires came off the socket. Remembering how his father fixed it; he tried to insert the naked wire into the socket; only to get an electric shock. After a while his mother found him in an unconscious state and rushed him to the doctor.

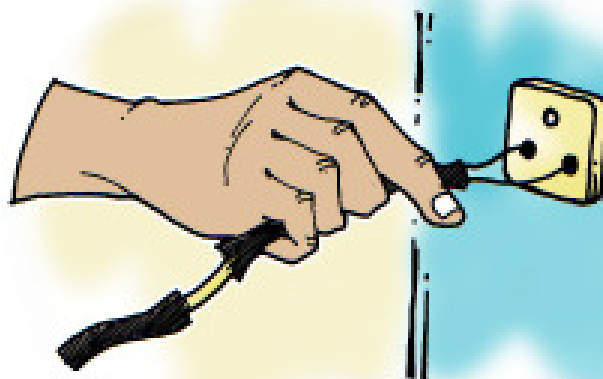


Fig 13.3



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Luckily he could be saved due to timely help. Electricity if used improperly can be very dangerous for both life and property.

How can we prevent electric shock at home?

### Safe use of electricity at home

- Do not attach too many appliances on a single socket. It will overheat the wires and cause short circuit.
- Do not touch any electric switch or appliance with wet hands as the water is a good conductor of electricity and will cause a shock.
- Wires should not pass through the door-frames as constant opening and closing of doors will damage the wire covering.
- Never remove plugs from the socket by pulling the wire. Pull out the plug itself.
- Old and worn-out wiring should be changed promptly.
- All the electrical appliances should have earth connection. For this three pin plug should be used. Earthing makes appliances relatively safer to use.
- Buy ISI marked electrical appliances only.
- Train children in the correct use and handling of electrical appliances.
- Get electrical repairs done from a qualified electrician.
- Do not attempt repairs on your own.
- No electric wire should cross any heating device.
- Electrical sockets should not be directly exposed to water to prevent electrocution.
- Cover all unused sockets with safety plugs or sticking tapes.
- Wear rubber slippers while handling electrical appliances.
- Keep electrical appliances on a wooden board as wood is a bad conductor of electricity.



### INTEXT QUESTION 13.5

Some situations have been presented below:

Each has one right and one wrong answer (underlined). Choose the right answer from the options given below.

#### Rahul got electric shock because of following reasons:

- a. He was using too many electric appliances on one socket/ only one appliance on one socket.



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- b. He touched the electric heater with wet/dry hands.
- c. He pulled the radio with its wire/plug.
- d. Wires of the television were frayed/new.
- e. He used a 2 pin plug/ 3 pin plugs.
- f. He was wearing rubber slippers or was barefoot while handling electrical appliances.
- g. Appliance was kept on a wooden plank/marble counter.

**At home, never ignore the following to prevent electric fires:**

- Fuse bows off
- Lights flicker
- Wire turns black
- Smell of plastic burning

### 13.2.7 Suffocation and Choking

Little Ginni popped a button in her mouth and almost choked. Then one day she tried to wear the colourful polythene bag as a cap and almost suffocated. These are every day happenings. To prevent accidents related to choking and suffocation among children, following points must be kept in mind :

- Adult supervision is a must.
- Buy toys which do not have very small detachable parts.
- Toys with small parts should not be given to young children.
- Keep polythene bags out of the reach of children.

Another reasons for suffocation and choking amongst children and adults could be fumes from LPG cylinder, motor exhausts, generators, charcoal stove, soft coal and wood produced carbon monoxide, which can cause death due to suffocation.



#### INTEXT QUESTIONS 13.6

Fill in the blanks with a suitable word:

- a. Burning of soft coal or wood can produce \_\_\_\_\_ (carbon monoxide / oxygen) which can cause death.
- b. \_\_\_\_\_ (plastic / cloth) bags are the most common cause of suffocation in infants.



### Notes

- c. A child can choke if swallows \_\_\_\_\_ (big / small) objects.
- d. Children should be \_\_\_\_\_ (unattended / supervised) while they play.

In an unfortunate event of any accident at home, professional medical help may not be available right away. So what should you do? Can you do something to prevent the victim's condition from worsening? Yes you can!

You burnt your hand, what did you do? Put it in water? Did it help to reduce some pain? This kind of initial treatment is called **first aid**.

First aid could include things like preventing excessive bleeding or providing a simple splint to a fractured arm. First Aid can be useful in saving a victim's life. Let us learn about First aid and its rules.

### 13.3 FIRST AID AND ITS RULES

First Aid is the potential life saving technique which is given initially for any injury until professional medical treatment can be given to the victim.

In our daily lives we come across many situations when timely first aid can make a lot of difference to victim. Each of us should try to acquire knowledge and skill to handle these emergency situations in positive and responsible ways. First Aid is not a substitute for medical aid. The victim should be taken for medical assistance without losing time.

There are some simple rules of first aid:

- Keep a first aid box readily accessible in your house.
- First aid should be given quickly, without wasting time.
- You should remain calm and be resourceful while giving first aid.
- Take the victim to a safe place, if needed.
- Reassure the patient
- Disperse the crowd.
- Attend first to injuries which can be fatal.
- In case of unconsciousness do not give any liquids.
- Keep emergency helpline numbers handy.
- Call the doctor.
- Know the shortest route to the nearest medical institution and take the victim there.



**Fig 13.4**



### ACTIVITY 13.5

Make a first aid box for your home.

Make sure you include the following things in your first aid box—

- i. First aid manual
- ii. Gauze and adhesive bandages of different sizes
- iii. Adhesive tape
- iv. Crepe bandage
- v. Thermometer
- vi. Torch and new batteries
- vii. Scissors
- viii. Antiseptic lotion/ointment
- ix. Sterile cotton
- x. Alcohol/antiseptic swipes
- xi. Caladryl lotion
- xii. Paracetamol (for fever)
- xiii. Burn relief ointment
- xiv. Antibiotics for stomach infection
- xv. Antacid
- xvi. Isabgol (loose motions/constipation)
- xvii. Anti-inflammatory painkiller tablet and balm
- xviii. Map of the city indicating hospitals

Check the first aid kit periodically and replace any missing or expired items.



### ACTIVITY 13.6

1. Find out the current list of emergency numbers of Doctors, ambulance, hospital, police station and fire station.

Paste them at a prominent place or next to your telephone.

2. You can visit this website <http://indianredcross.org> and search for possible ways to handle emergencies.



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**INTEXT QUESTIONS 13.7**

Describe any two desirable qualities you would want in a person administering first aid on you.

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**13.4 FIRST AID FOR SPECIFIC INJURIES**

Not all accidents are dealt in the same way. What can you do when someone gets injured?

In case of	What to do?
Fracture	<ul style="list-style-type: none"> <li>• Reassure the patient.</li> <li>• Support the injured part with the help of a splint (wooden scale or plank, umbrella, newspaper wad).</li> <li>• The splint should cover a joint above and a joint below the fracture.</li> <li>• Protruding bone should not be pushed back.</li> <li>• Do not move the injured part unnecessarily.</li> <li>• Move the injured to the hospital carefully</li> </ul>
Sprain/muscle rupture	<ul style="list-style-type: none"> <li>• Apply ice bag for at least ½ an hour.</li> <li>• Put an anti-inflammatory ointment and tie a crepe bandage.</li> <li>• Do not put pressure on the affected body part.</li> <li>• Do not move the injured part unnecessarily.</li> </ul>
Bleeding	<ul style="list-style-type: none"> <li>• Press the bleeding part with the help of sterile gauze, for 20 minutes. In case bleeding does not stop, ice bag should be applied on the dressing.</li> <li>• Wash the spot with antiseptic.</li> <li>• In case, blood is flowing in jerks, then tie a bandage tightly on the side, closest to the heart.</li> <li>• In case bleeding continues, raise the bleeding part to slow down the flow of blood and tie the bandage on the side which is away from the heart.</li> </ul>



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	<ul style="list-style-type: none"> <li>• If the cut is very deep and has rough edges, immediately take the victim to a hospital. Tetanus shots may have to be given.</li> </ul>
Unconsciousness	<ul style="list-style-type: none"> <li>• Disperse the crowd around the victim. Take the victim out in fresh air.</li> <li>• Make the victim lie on his/her side.</li> <li>• Sprinkle water on face.</li> <li>• Loosen any tight clothing.</li> <li>• Rub his hands and feet for circulation.</li> </ul>
Burns	<ul style="list-style-type: none"> <li>• Remove victim away from fire.</li> <li>• Place burnt area under running cold tap water. (do not use ice, as it causes blisters)</li> <li>• Pat dry and apply antibiotic. (silver sulphadiazine)</li> <li>• Put clean gauze and bandage on the burnt part.</li> <li>• Give water to drink.</li> <li>• For serious burns, rush to the hospital.</li> <li>• Home remedy (egg or peeled aloe vera leaf applied on burnt area also helps to prevent blisters and eases pain)</li> </ul>
Shock	<ul style="list-style-type: none"> <li>• Make the victim comfortable and lay her down with the legs above the level of the head.</li> <li>• Loosen the clothes and cover with a blanket or a thick cloth to prevent the heat loss from the body.</li> <li>• Do not use hot water bottles to keep the patient warm.</li> <li>• Do not give anything to drink or eat as the victim may vomit and choke. In case thirsty, give a handkerchief soaked in water to suck.</li> </ul>
Electrocution	<ul style="list-style-type: none"> <li>• Switch off the current.</li> <li>• Person providing first aid should wear rubber sole shoes or slippers.</li> <li>• Move the victim away from the current using a wooden stick. Never touch the victim before disconnecting the electric supply.</li> <li>• Check for other injuries and provide first-aid as required for fracture, burns or shock.</li> </ul>



**Notes**

Burns from chemicals	<ul style="list-style-type: none"> <li>• Remove clothes and thoroughly rinse the burnt part with water, for at least 15 minutes.</li> <li>• Cover with clean dressing and take the victim to the doctor.</li> </ul>
Dog bite	<ul style="list-style-type: none"> <li>• Wash the area thoroughly with soap and water.</li> <li>• Do not put any antiseptic.</li> <li>• Do not cover the wound.</li> <li>• Go to the hospital for tetanus and anti rabies and strictly follow the vaccination schedule.</li> <li>• Consult a doctor as soon as possible.</li> </ul>
Sting	<ul style="list-style-type: none"> <li>• Remove the sting, with help of a tweezer.</li> <li>• Apply cold compress to relieve pain and swelling</li> <li>• Run cold water over and around the sting</li> <li>• Apply skin soothing lotion to relieve itching.</li> <li>• For a sting in the mouth, give ice cube to suck.</li> <li>• Apply vinegar for wasp sting and soda for bee sting.</li> <li>• In case swelling does not subside, consult a doctor.</li> <li>• A person prone to allergy or having been severely bitten may need to be hospitalized.</li> </ul>
Choking	<ul style="list-style-type: none"> <li>• In case a child chokes on something, he should be immediately turned upside down( legs up) and thumped on the back</li> <li>• One should never insert a finger in the mouth as it may push the object further,</li> <li>• In case the child swallows any object, he/she should be fed a lot of bananas.</li> </ul>



**INTEXT QUESTIONS 13.8**

1. Choose the correct answers:
  - a) If a victim has a fracture and is bleeding as well as, the bleeding part should \_\_\_\_\_ .
    - i. be raised
    - ii. not be raised





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- iii. be treated first
  - iv. be tied to a splint first.
  - b) The fractured area can be tied to a\_\_\_\_\_.
    - i. wooden stick
    - ii. rolled up magazine
    - iii. scale
    - iv. all of the above  - c) While treating a sprain, cold water is applied to\_\_\_\_\_.
    - i. lower the body temperature
    - ii. lessen pain and swelling
    - iii. calm the victim
    - iv. all of the above  - d) A person suffering from shock needs a\_\_\_\_\_.
    - i. blanket
    - ii. damp sheet
    - iii. hot water bottle
    - iv. thin saree  - e) Victim of shock should be made to lie down\_\_\_\_\_.
    - i. with the legs raised
    - ii. with the head raised
    - iii. flat on the ground
    - iv. on the side.  - h) To disconnect a victim from electric shock, it is advisable to use\_\_\_\_\_.
    - i. your hands
    - ii. any object nearby
    - iii. hockey stick
    - iv. a metal stick
2. Arrange the order in which first aid should be given.
- a. In case of electric-shock :
    - i. Pull the victim from the wire
    - ii. Treat the victim's burns
    - iii. Switch off the current
    - iv. Treat the victim for shock
  - b. In case of fracture :
    - i. Tie a splint
    - ii. Tell the patient not to move
    - iii. give something warm to drink
    - iv. call the doctor



Notes

**IMPORTANT CHECKLIST**

- Do you know your blood group? (only 2-3 drops of blood are needed for the test)
- Do you know if you suffer from any allergy?
- Do you know the important emergency numbers to seek help?
- Are you aware of a qualified doctor in your neighbourhood?
- Do you know the names of medicines and their dosage prescribed by your doctor?
- Do you eat medicines prescribed by the doctor only?
- Do you take the full course of medicines prescribed by a doctor and not stop eating the moment you feel better?
- Do you keep a file of all your medical investigation test reports, X-ray's, ultrasounds?
- Do you check the expiry date while buying medicines and discard all the expired medicines from your medicine cabinet?

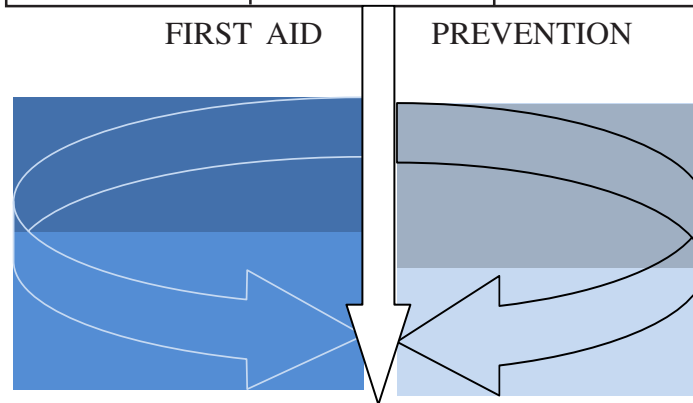
If your answer is no to any of these questions, then ensure you start now!



**WHAT YOU HAVE LEARNT**

**NEED FOR SAFETY AT HOME**

falls	Cuts and Wounds	Poisoning
burns and scalds	<b>ACCIDENTS AT HOME</b>	stings and bites
electrocution and shock		suffocation and choking



**SAFETY AND HEALTH ASSURANCE**



## TERMINAL EXERCISES

1. Little Shalu fell off the roof. Her grandmother advised to massage her foot and put some ointment. By the evening her foot had swollen. They waited for a few hours for the pain to subside but there was no relief. Finally, when the pain was unbearable they took her to a doctor. The doctor took an X-ray and informed that she had fractured her foot. If you were Shalu's sister or brother how would you have given her first aid? Analyze the mistakes the family members had made?
2. Inform your friend about ways to prevent getting an electric shock.
3. Advise your friends on how to give first-aid treatment in case of
  - (a) bleeding
  - (b) burn
4. A lady has dropped hot oil on herself. How will you help her?
5. Saleem was driving a car at a very high speed when it went out of his control and hit the motor cyclist. The boy became unconscious. Seeing no one around he decided to flee. He thought he was lucky to escape until he came home and realized he had hit his own son, who could have been saved had he got timely medical attention!
  - If you were the driver, what would you have done?
  - If you were a passer by would you have taken the victim to the hospital or just looked the other way?
  - Had you been the victim, what would you have expected
    - To be left lying on the road or to be immediately taken to the hospital?



## ANSWERS TO INTEXT QUESTIONS

### 13.1

1.
  - i Keep her hand flat while chopping vegetables on board/not curled finger.
  - ii Cutting with hand/Not using chopping board.
  - iii Knife not sharp/using blunt knife.
2. Anything sticky will pick up fine remnants of glass and the person handling the broken glass does not cut his/her hands.
3. Glass, when pushed, can break and cut your hand.



### Notes

**Notes**

4. Sharpener, reason-as there are no chances of cutting his hand with it or he may cut his hand with a blade.

**13.2**

1. out of
2. extinguish
3. labelled
4. two
5. replaced
6. well-fitting
7. switched off
8. ISI certified

**13.3**

1.
  - a. Throw sand on open flame caused by electricity.
  - b. Throw cold water on fire.
  - c. Use multiple ladder to rescue people.
  - d. You will crawl on floor to come out from building
  - e. Use wet handkerchief to breathe.
  - f. Open all windows.
  - g. Use Blanket to douse the flames from a victims clothing.
2.
  - a. i
  - b. i
  - c. iii
  - d. ii
  - e. iii

**13.4**

- a. Kerosene oil should be stored in a labeled bottle or container or in its original container as someone can mistake it to be oil and use it.
- b. Medicines should be kept in the upper shelves of locked cupboard, out of reach of children.
- c. Cupboard, where all pesticides are kept, should be locked at all times.



Notes

**13.5**

Rahul got electric shock because of following reasons

- a. He was using too many electric appliances on one socket
- b. He touched the electric heater with wet hands.
- c. He pulled the radio along with its wire.
- d. Wires of the television were frayed.
- e. He use a 2 pin plug.
- f. He was barefoot.
- g. Appliance was kept on a marble counter.

**13.6**

- a. carbon monoxide
- b. plastic
- c. small
- d. supervise

**13.7**

- a. Kind/Empathy      b.Quick

**13.8**

1. a.iii      b.iv      c.ii      d.i      e. i      f.iii
2. a. ii, iv, i, iii  
b. iii, i, ii, iv